

ULTRA MASS-GAIN TRAINING PLAN

#CHALLENGEYOURSELF



FEMALE TRAINING PLAN

REST 65 SECONDS BETWEEN SETS AND 65 SECONDS BETWEEN EXERCISES

% 1 Repetition Maximum (%1RM) Maximum amount of weight you can lift for 1 repetition (or a 1 repetition max). Example: Your 1 repetition maximum for a dead lift is 100 KG (meaning that, that, is the maximum amount of weight you are able to do for 1 rep).

How to calculate training weight from % of 1RM: **Value examples:** Dead lift 1RM = 100 kg Required training load = 80% of 1RM

Formula: 1RM / % of 1RM required training load x 100 = total of weight needed for the exercise e.g.: 100 kg (1RM dead lift weight) / 80 (% of 1RM required training load) x 100 = 80 kg final training weight.

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 1 - LEGS & SHOULDERS	Sets	REPS		
		Set 1 90% 1RM	Set 2 85% 1RM	Set 3 80% 1RM
Over hand grip pull ups	3	8	8	10
Weighted glute bridges / hip thrusters	3	8	8	10
Weighted barbell dead lifts	3	8	8	10
Dumbbell shoulder press	3	8	8	10
Weighted barbell squats	3	8	8	10
Lateral side raises	3	8	8	10
Hamstring curls (or Nordic curls)	3	8	8	10
Leg extensions	3	8	8	10
Lateral pull downs	3	8	8	10
Standing calf raises	3	8	8	10

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 2 - CHEST & BACK	Sets	REPS		
		Set 1 90% 1RM	Set 2 85% 1RM	Set 3 80% 1RM
Flat bench barbell chest press	3	8	8	10
30 - 45 Degree bent over, under hand grip back rows	3	8	8	10
Incline barbell chest press	3	8	8	10
30 - 45 Degree bent over, over hand grip, back rows	3	8	8	10
Flat bench dumbbell chest fly's	3	8	8	10
30 - 45 Degree bent over reverse fly's with dumbbells	3	8	8	10
Push Ups	3	30	30	30
Single handed back rows	3	8	8	10

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

DAY 3 - REST



WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 4 - ARMS & ABDOMINALS & CORE	Sets	REPS		
		Set 1 90% 1RM	Set 2 85% 1RM	Set 3 80% 1RM
Under hand grip pull ups - to work biceps	3	8	8	10
Tricep dips	3	8	8	10
Lying down leg ups	3	30	30	30
Weighted side / oblique crunches	3	30	30	30
Standing barbell curls	3	8	8	10
Single handed tricep extension with dumbbell	3	8	8	10
Medicine ball sit-up	3	30	30	30
Mountain climbers	3	45 sec	45 sec	45 sec
Dumbbell hammer curls	3	8	8	10
Tricep cable pull downs	3	8	8	10
Knee ins	3	30	30	30
Front plank	3	45 sec	45 sec	45 sec

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

DAY 5 - REST



WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 6 - JUMPS, EXPLOSIVENESS & POWER LIFTS	Sets	REPS		
		Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Clap push ups from the ground	3	3	4	5
Power clean & jerk	3	3	4	5
Box jumps (land in standing position)	3	3	4	5
Power clean & jerk	3	3	4	5
Distance squat jump (for power & distance)	3	3	4	5
Clap push ups from the ground	3	3	4	5

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

DAY 7 - REST